

Specialized Healthy Content - High Cholesterol

Sunday

Push Notification Title: Sticking with '22 resolutions ✓

Push Notification: Get tips in your Healthy Actions all week from world-class track star Brenda Martinez.

Title: The good and bad cholesterol

Tip: The word "cholesterol" can have a lot of stigma surrounding it. But did you know the body naturally produces all the cholesterol it needs? A waxy, fat-like substance, cholesterol problems arise when there is too much or too little of one of these three types of cholesterol:

1. LDL - body naturally produces all it needs.
2. HDL - the more the better because it removes the bad LDL away from arteries and back to the liver.
3. Triglycerides - a common type of fat that comes from food.

Action: The best way to manage your cholesterol can be a combination of medications, physical activity and diet. So today, Come back each day to learn some tips on how to kick high cholesterol to the curb for a healthier life.

Monday

Title: Stick with it

Tip: Medications are sometimes included as part of your treatment plan to help lower cholesterol levels. If your healthcare provider has recommended you start a medication such as a Statin, it's important you take it as prescribed and remain consistent when taking it.

Statins can help lower and regulate your LDL levels after heart attack and stroke. Plus, they have had great results in reducing a person's risk of heart attack and stroke. If you have questions and/or concerns about any prescribed medications, make sure you reach out to your healthcare provider.

Tuesday

Push Notification Title: Tips for 2022 resolutions

Push Notification: Make sure your new year's resolution is all about you. Find out why and get more tips from world-class athlete Brenda Martinez in your Healthy Actions.

Title: Build your strength

Tip: Adding in regular exercise can be a big help in lowering your cholesterol. Did you know the American College of Sports Medicine recommends resistance training 2 - 3 days per week? Resistance exercises are some of the best because they clear more of the bad LDL and help lower triglycerides. Double bonus!

Action: Today, let's start by adding 10-15 reps of these resistance exercises to your daily movement routine:

1. Pushups
2. Squats and lunges
3. Lift some weights
4. Core work like crunches or planks

Remember to breathe and modify any of the exercises above, as needed. For example, if doing a pushup on the floor is too much, try pushups against the kitchen counter or a wall. And if you don't own any weights, try using water or detergent bottles, cans of food or even a heavy book. Take it one exercise at a time. As you start to feel stronger, consider increasing the amount of reps or time.

For more inspiration, check out the [10-minute home workout](#) below from the American Heart Association's website.

Wednesday

Title: Find your way with fiber

Tip: Fiber can be one of the biggest heroes in your fight against high cholesterol. Not only does it stick around to help lower LDL levels by trapping cholesterol and reabsorbing it back into your bloodstream, it also reduces the risk of developing various cancers, diabetes, stroke and heart disease.

If you're struggling to find ways to add more fiber to your daily menu, consider some of these top options:

1. Oats: oatmeal and oat bran
2. Whole grains: pasta, breads (seven grain, rye, etc.), barley and brown rice
3. Nuts, seeds and legumes: chia and flaxseeds, chickpeas and almonds
4. Fruits: pears, avocados and apples (don't forget the peel!)
5. Vegetables: spinach, carrots, beets and broccoli

For some more fiber-rich food ideas and to learn the amount of fiber in these foods, check out this [list of food choices](#) from Harvard Health.

Thursday

Push Notification Title: Tips for 2022 resolutions

Push Notification: Make sure you're part of supporting friends and family in their goals too. 🤝
Find out why and get more tips from world-class athlete Brenda Martinez in your Healthy Actions.

Title: Find new ways to move

Tip: One of the best ways to help lower your cholesterol is to stay active. You may have heard it's best to get 150 minutes of exercise each week. But if that sounds like too much, start adding in more moments of overall movement.

Action: Not sure where to start? Try these ideas:

1. Try a walk and talk. Whenever you get a call, take it on the go.
2. Dance while you clean. Who says chores must be boring?
3. Get to gardening. Not only is this a pretty active option, but it also adds in some fresh air. Breathe it all in.
4. Park the car a few more spaces away from your destination. And if you're walking, take the long way.

Whatever you do, try to make it more fun.

Friday

Title: Healthy fats for the win

Tip: Not all fats are created equal. Trans and saturated fats can raise bad cholesterol (LDL) and lower the good (HDL). Thankfully, there are healthy fats, sometimes known as unsaturated fats or Omega 3s, that you want to be a part of your life.

These fats not only help balance out cholesterol levels, but they also help lower blood pressure and reduce inflammation, which is a risk factor for heart disease. Add some (or all) of these cholesterol-fighting healthy fats to your menu:

1. Plant-based foods: avocados, olives and walnuts
2. Heart-healthy proteins: tuna, salmon and lean meats like poultry (without skin)
3. Liquid vegetable oils: olive, canola and sunflower

Check out [these smart substitutions](#) on eating healthy from the American Heart Association.

Saturday

Push Notification Title: Keep it going all year

Push Notification: Extra advice from world-class track star Brenda Martinez so you can stay true to your 2022 resolution. 🏁

Title: The magic of exercise

Tip: Eating healthy and exercising on a regular basis has been proven to be enormously effective at lowering your LDL (aka the "bad cholesterol") levels. In fact, a single bout of exercise immediately increases your HDL (aka the "good cholesterol")! Even when life gets busy, try squeezing in 20-30 minutes of activity to your day.

Action: Consider one of these fun ideas to get your heart pumping today:

1. Brisk walk or hike
2. Water aerobics or swimming
3. Pickleball or tennis
4. Yoga or Pilates

Do what you can and if you try an exercise and don't like it, try something new. Have fun!